



ACTIVITY TIMETABLE - June 2024



All sessions are open to all Compañeros members

30-minute Guitar Lessons can be booked 1 session in advance from the previous Wednesday onwards

MON

TUE

WED

THU

FRI

SAT

SUN

YOU CAN DO IT!



3 2.00 - 3.00PM
WELLBEING: ASSERTIVENESS & COMMUNICATION
7.30 - 9.00PM
MONDAY WIND DOWN

4 10.30AM - 12.00 NOON
1-1 GUITAR LESSONS (BOOK WITH TEAM)
2.00 - 3.00PM
PRIDE MINDS: EXPLORING LGBTQ+ HISTORY

5 1.00 - 2.00PM
NERO'S BAND
2.00 - 3.00PM
SCRAPBOOK JOURNALLING
3.30 - 4.30PM
LINO PRINTING

6 12.00 NOON - 1.00PM
SHINE GROUP
12.00 - 3.00PM
WELLBEING CHECK-IN (BOOKED BY TEAM)

7 2.30 - 3.15PM
NEW MEMBER INTRO
7.30 - 9.00PM
MEMBER BOARD GAMES

1 1.30 - 2.15PM
NEW MEMBER INTRO
3.30 - 5.00PM
CERYS' CALM CRAFTS: MINDFUL COLOURING

2 2.00 - 2.45PM
GUIDED IMAGERY
7.30 - 9.00PM
COMPANEROS QUIZ

10 12.00 NOON - 1.00PM
MOVEMENT FOR MENTAL HEALTH
1.00 - 2.00PM
NERO'S BAND
7.30 - 9.00PM
MONDAY WIND DOWN

11 10.30AM - 12.00 NOON
1-1 GUITAR LESSONS (BOOK WITH TEAM)
2.00 - 5.00PM
WELLBEING CHECK-IN (BOOKED BY TEAM)

12 11.30AM - 1.30PM
CONFIDENCE THROUGH DRAMA
2.00 - 3.00PM
SCRAPBOOK JOURNALLING

13 10.30 - 11.30AM
MY MUSIC & ME
12.00 NOON - 1.00PM
SHINE GROUP
Shine Bright

14 2.30 - 3.15PM
NEW MEMBER INTRO
7.30 - 9.00PM
MEMBER BOARD GAMES

15 1.30 - 2.15PM
GUIDED IMAGERY
7.30 - 9.00PM
SATURDAY SOCIAL

16 2.30 - 3.15PM
NEW MEMBER INTRO
4.00 - 5.00PM
CREATIVE WRITING

17 12.00 NOON - 1.00PM
MOVEMENT FOR MENTAL HEALTH
2.00 - 5.00PM
WELLBEING CHECK-IN (BOOKED BY TEAM)
1.00 - 2.00PM
NERO'S BAND

18 10.30AM - 12.00 NOON
1-1 GUITAR LESSONS (BOOK WITH TEAM)
2.00 - 3.00PM
WELLBEING: CONFIDENCE & SELF-ESTEEM

19 2.00 - 3.00PM
SCRAPBOOK JOURNALLING
3.30 - 4.30PM
LINO PRINTING

20 12.00 NOON - 1.00PM
SHINE GROUP
3.00 - 3.45PM
NEW MEMBER INTRO

21 1.30 - 2.30PM
INTRO TO ORIGAMI
7.30 - 9.00PM
MEMBER BOARD GAMES

22 1.30 - 2.15PM
NEW MEMBER INTRO
3.30 - 5.00PM
CERYS' CALM CRAFTS: TOTE BAG DECORATING

23 2.30 - 3.30PM
MINDFUL DRAWING

24 12.00 NOON - 1.00PM
MOVEMENT FOR MENTAL HEALTH
1.00 - 2.00PM
NERO'S BAND
7.30 - 9.00PM
MONDAY WIND DOWN

25 10.30AM - 12.00 NOON
1-1 GUITAR LESSONS (BOOK WITH TEAM)
11.00AM - 1.00PM
STAFF TEAM MEETING
3.30 - 4.15PM
GUIDED IMAGERY

26 11.30AM - 1.30PM
CONFIDENCE THROUGH DRAMA
2.00 - 3.00PM
SCRAPBOOK JOURNALLING
2.00 - 5.00PM
WELLBEING CHECK-IN (BOOKED BY TEAM)

27 10.30 - 11.30AM
MY MUSIC & ME

28 1.30 - 2.30PM
INTRO TO ORIGAMI
3.00 - 3.45PM
NEW MEMBER INTRO

29 1.30 - 2.15PM
GUIDED IMAGERY
3.30 - 5.00PM
CERYS' CALM CRAFTS: GEOMETRIC ABSTRACT PAINTING
7.30 - 9.00PM
SATURDAY SOCIAL

30 12.30 - 1.15PM
NEW MEMBER INTRO
4.00 - 5.30PM
COMPANEROS QUIZ

